



9-Me-Bc Review So I have been using 9-Me-Bc for around 4 months now. My dosage has been around 15-30mg for most days on an empty stomach in the morning. There were a couple of weeks during which I stopped using it. It has provided me with a significant boost in motivation. I am a lot more interested in my work and life in general.



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## Reversing Stimulant Tolerance with 9-MBC: 2021 Review - Predator Nutrition



¶ 9-Me-BC (9-Methyl- $\beta$ -carboline) 9-Me-BC (9-Methyl- $\beta$ -carboline) also known as 9-MBC is a novel nootropic compound from the  $\beta$ -carboline group. . I've never reduced my dose that drastically. I take 30mg 9-mbc along with my nsi-189(20-30mg) 2x/day. Memantine never came close to this kind of reduction in tolerance.

## 9-Me-BC - Health benefits, side effects, how to use, and more!



For children, the recommended starting dose of 9 Me Bc is usually 5 mg taken twice daily. The dose may be increased up to 10 mg twice daily, depending on the individual's response to the medication. It is important to take 9 Me Bc exactly as prescribed by your healthcare provider. Do not take more or less than the recommended dose.

## 9-ME-BC for Adderall Tolerance : r/Nootropics - Reddit



Recommended Dosage of 9-Me-BC Important Considerations for Effective Use of 9-Me-BC References Introduction to Nootropics and 9-Me-BC Nootropics, often referred to as "smart drugs" or "cognitive enhancers," are substances that can improve mental functions such as memory, creativity, focus, and motivation.

## 9-Me-BC Experience: 7 Facts About You Need To Know - Shangke Chemical



9-methyl-beta-carboline Anti-Inflammatory Agents Lipopolysaccharides Receptors, Cytokine L-Lactate Dehydrogenase Tyrosine 3-Monooxygenase Dopa Decarboxylase 5-ethynyl-2'-deoxyuridine Beta-carbolines (BCs) are potential endogenous and exogenous neurotoxins that may contribute to the pathogenesis of Parkinson's disease.

## 9-Methyl- $\beta$ -carboline-induced cognitive enhancement is associated with .

Journal of Neurochemistry **JNC**

JOURNAL OF NEUROCHEMISTRY | 2012 | 121 | 924-931 doi: 10.1111/j.1471-4159.2012.07713.x

ORIGINAL ARTICLE

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### 9-Methyl- $\beta$ -carboline-induced cognitive enhancement is associated with elevated hippocampal dopamine levels and dendritic and synaptic proliferation

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**Abstract**  
 $\beta$ -Carbolines (BCs) belong to the heterogeneous family of carbolines, which have been found exogenously, that is, in various fruits, meats, tobacco smoke, alcohol and coffee, but also endogenously, that is, blood, brain and CSF. These exogenous and endogenous BCs and some of their metabolites can exert neurotoxic effects, however, an unexpected stimulatory effect of 9-methyl- $\beta$ -carboline (9-me-BC) on dopaminergic neurons in primary mesencephalic cultures was recently discovered. The aim of the present study was to extend our knowledge on the stimulatory effects of 9-me-BC and to test the hypothesis that 9-me-BC may act as a cognitive enhancer. We found that 10 days (but not 5 days) of pharmacological treatment with 9-me-BC (i) improves spatial learning in the radial maze, (ii) elevates dopamine levels in the hippocampal formation, and (iii) results after 10 days of treatment in elongated, more complex dendritic trees and higher spine numbers on granule neurons in the dentate gyrus of 9-me-BC-treated rats. Our results demonstrate that beyond its neuroprotective/neurorestorative and anti-inflammatory effects, 9-me-BC acts as a cognitive enhancer in a hippocampus-dependent task, and that the behavioral effects may be associated with a stimulatory impact on hippocampal dopamine levels and dendritic and synaptic proliferation.

**Keywords:** dendritic plasticity, HPLC, spatial learning, synaptic plasticity.  
*J. Neurochem.* (2012) **121**, 924–931.

Read the Editorial Highlight for this article on page 841.

The recommended dosage of 9-Me-BC is between 10-20 mg per day. It is important to start with a lower dose and gradually increase it to avoid any potential side effects. History. 9-Me-BC was first discovered in the late 1990s by researchers at the University of California, Los Angeles.

**Great for boosting my motivation, but any possible risks with 9-me-bc .**



Hey there! Welcome to my review of 9-Me-Bc. I recently discovered 9-Me-Bc while looking for nootropics that stimulate dopamine. As we live in a culture driven by dopamine, finding safe and effective nootropics that can help boost the brain's reward pathway can be helpful for many people.

# 9-Methyl- $\beta$ -carboline inhibits monoamine oxidase activity and stimulates .

Journal of Neural Transmission (2020) 127:999–1012  
https://doi.org/10.1007/s00702-020-02189-9

NEUROLOGY AND PRECLINICAL NEUROLOGICAL STUDIES · ORIGINAL ARTICLE



## 9-Methyl- $\beta$ -carboline inhibits monoamine oxidase activity and stimulates the expression of neurotrophic factors by astrocytes

Sebastian Keller<sup>1</sup> · Witold Henryk Polanski<sup>1,2</sup> · Christoph Enzensperger<sup>3,4</sup> · Heinz Reichmann<sup>1</sup> · Andreas Hermann<sup>1,3,6</sup> · Gabriele Gille<sup>1</sup>

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### Abstract

$\beta$ -Carbolines (BC) are pyridoindoles, which can be found in various exogenous and endogenous sources. Recent studies revealed neurostimulative, neuroprotective, neuroregenerative and anti-inflammatory effects of 9-methyl-BC (9-Me-BC). Additionally, 9-me-BC increased neurite outgrowth of dopaminergic neurons independent of dopamine uptake into these neurons. In this study, the role of astrocytes in neurostimulative, neuroregenerative and neuroprotective properties of 9-me-BC was further explored.

9-Me-BC exerted anti-proliferative effects without toxic properties in dopaminergic midbrain and cortical astrocyte cultures. The organic cation transporter (OCT) but not the dopamine transporter seem to mediate at least part the effect of 9-me-BC on astrocytes. Remarkably, 9-me-BC stimulated the gene expression of several important neurotrophic factors for dopaminergic neurons like *Artn*, *Bdnf*, *Egln1*, *Tgfb2* and *Ncam1*. These factors are well known to stimulate neurite outgrowth and to show neuroprotective and neuroregenerative properties to dopaminergic neurons against various toxins. Further, we show that effect of 9-me-BC is mediated through phosphatidylinositol 3-kinase (PI3K) pathway. Additionally, 9-me-BC showed inhibitory properties to monoamine oxidase (MAO) activity with an IC50 value of 1  $\mu$ M for MAO-A and of 15.5  $\mu$ M for MAO-B. The inhibition of MAO by 9-me-BC might contribute to the observed increased dopamine content and anti-apoptotic properties in cell culture after 9-me-BC treatment in recent studies. Thus, 9-me-BC have a plethora of beneficial effects on dopaminergic neurons warranting its exploration as a new multimodal anti-parkinsonian medication.

**Keywords** Dopaminergic neurons · Astrocytes · 9-Methyl- $\beta$ -carboline · Inhibition of monoamine oxidase A and B · Neurotrophic factors

### Abbreviations

2,9-dime-BC+	2,9-Dimethyl- $\beta$ -carbolinium ion	DIV	Day in vitro
9-me-BC	9-Methyl- $\beta$ -carboline	MAO	Monoamine oxidase
BC	$\beta$ -Carboline	MPTP	1-Methyl-4-phenyl-1,2,3,6-tetrahydro-pyridine
BrdU	Bromodesoxyuridine	OCT	Organic cation transporter
D24	Disprocynium 24	PD	Parkinson's disease
DA	Dopamine	PI3K	Phosphatidylinositol 3-kinase
DAT	Dopamine transporter	SN	Substantia nigra
DDC	Dopa decarboxylase	TH	Tyrosine hydroxylase

Sebastian Keller and Witold Polanski contributed equally to this work.

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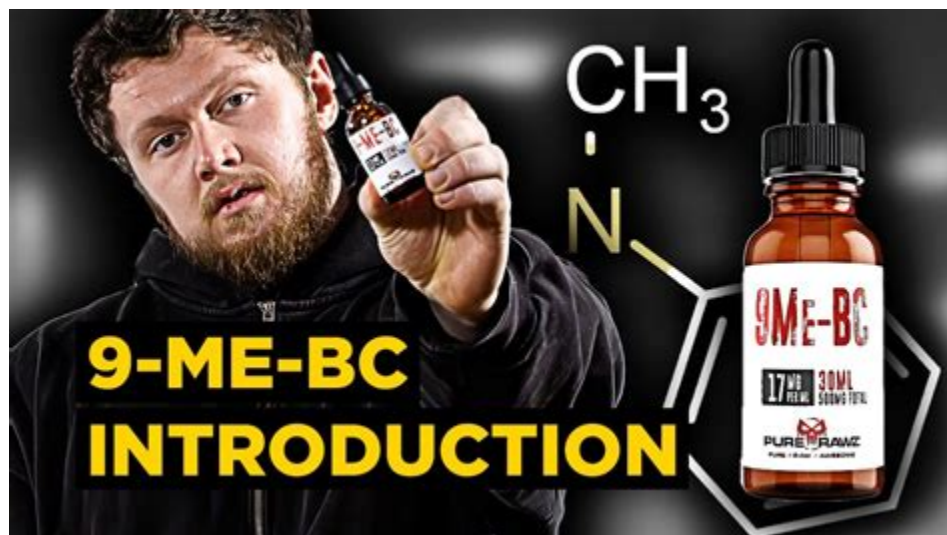


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Significant restorative effects on the dopamine system. 9-me-BC acts as a cognitive enhancer in a hippocampus-dependent task, and that the behavioral effects may be associated with a stimulatory impact on hippocampal dopamine levels and dendritic and synaptic proliferation (8).



## 9-me-bc dosage timing? : r/Nootropics - Reddit



Abstract  $\beta$ -Carbolines (BC) are pyridoindoles, which can be found in various exogenous and endogenous sources. Recent studies revealed neurostimulative, neuroprotective, neuroregenerative and anti-inflammatory effects of 9-methyl-BC (9-Me-BC).

## 9-Me-BC (9-Methyl- $\beta$ -carboline) | CureDAO



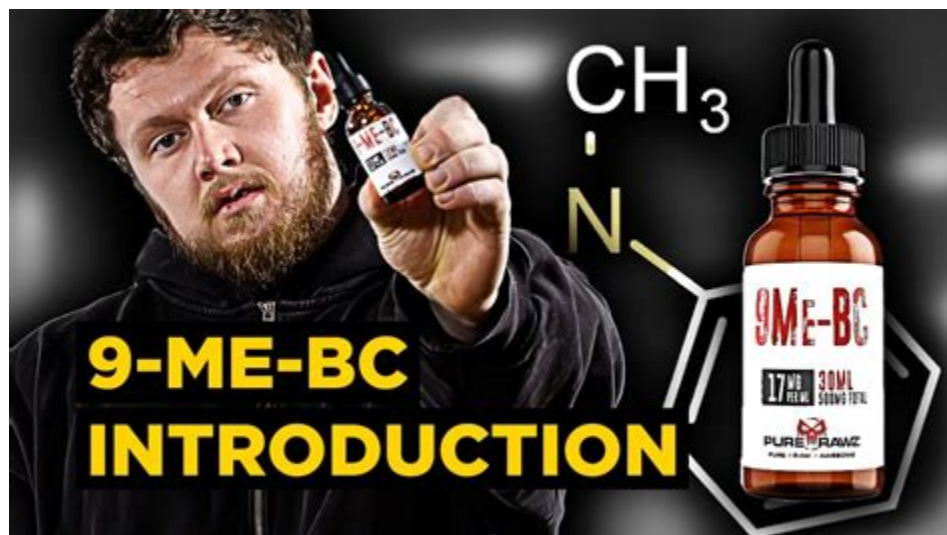
1 BrdigeTrlol • 1 yr. ago Take it every day for 2-3 weeks until you stop noticing further benefits. You can try multiple cycles (I'd wait some months between cycles), but you don't want to take it all of the time and I'm not sure I can recommend more than two cycles. Some of the effects are permanent. Effects from multiple cycles are cumulative.

## 9-Me-BC: The Neuroprotective Nootropic Transforming Brain Health



As of right now, I plan to keep using 15mg 9-Me-BC daily and using 20-40mg Vyvanse once a week instead. If I were to rank effectiveness on tolerance reversal and repairing subjective damage from continued amph (ab)use it would go: 9-MBC >>> Bromantane > BPC-157 >>> the rest.

## 9-Me-Bc Review : r/Nootropics - Reddit



For optimal cognitive enhancement, it should be ingested orally with or without food at a 10 - 30 mg daily dosage range; cycling off after extended use is recommended if side effects occur. 9-Me-BC Rating: 4. 4/5 Third-party tested for identity & purity Long history of being a reliable vendor FREE shipping over \$100 Click For Best Price

## Has anyone here experimented with 9-ME-BC? : r/Nootropics - Reddit



9-ME-BC for Adderall Tolerance Discussion Hello, I know there are probably a lot of posts about this, might as well add another. Looking to reduce amphetamine tolerance, can anybody here actually back up the efficacy of 9-ME-BC? dose/frequency of doses? ROA? (have heard oral isn't a good opt. ) Please let me know what brand you've tried, if any.

## 9-Me-BC: Review of Nootropic Benefits, Uses, & Side Effects



9-Methyl- $\beta$ -carboline (9-Me-BC) is a heterocyclic amine of the  $\beta$ -carboline family, and a research chemical. Chemistry. 9-Me-BC is a methylated derivative of  $\beta$ -carboline with the molecular formula  $C_{12}H_{10}N_2$ . It may be prepared by performing the Eschweiler-Clarke reaction on freebase  $\beta$ -carboline (norharmane) [citation needed]

## 9-Me-BC Product Comparison | Nootropics Index

The image is a promotional poster for a 2024 market outlook exam. At the top left is the Samsung logo, and at the top right is the Samsung Securities SNI logo. The main title in large, bold Korean characters reads '삼성증권 고액자산가 대상 2024년 시황 설문' (Samsung Securities High Net Worth Individual Target 2024 Market Outlook Survey). Below this, it says '새해 금융시장을 가장 잘 나타내는 사자성어' (The idiom that best represents the financial market in the new year) and features the idiom '거안사위(居安思危)' (Thinking of danger when in safety). A sub-headline reads '주로 안정된 상황에서도 위기를 늘 염두에 두고 대비하라' (Even in a mostly stable situation, always be on guard for danger and prepare). At the bottom, there are two orange boxes: the left one is titled '새해 예상 코스피지수 밴드' (New Year Expected KOSPI Index Band) with '3,000pt 초과' (Over 3,000pt) and '4.5%' below it; the right one is titled '주식 매수 최적의 타이밍' (Optimal Timing for Stock Purchase) with '4분기' (4th Quarter) and '1분기' (1st Quarter) below it.

#1 HappyShoe Guest 213 posts 8 ₩ Location: New York Posted 12 May 2014 - 09:30 PM tht/9-meth.-carboline. html onlinelibrary. 10. 06725. x/full Very curious. Trying to find dosages used, and wondering how one would go about using this if it's practical.

## 9-MBC Powder Notropic - Boost Your Biology



The unanswered question here is at what dosage does 9-me-bc's DNA damaging photosensitization become harmful. I still haven't come across any anecdotal reports where anyone has noticed increased sunburn from 9-me-bc, but caution is still warranted. I'm avoiding the usage of 9-me-bc during sunny days or will be using a stronger sunscreen.

## 9 Me Bc Dosage • National Lab Day



The  $\beta$ -Carbolines (BCs) are identified as neurotoxic, however, it was recently discovered that 9-Me-Bc is beneficial. 9-Me-BC is a dopaminergic neuroprotector that also enhances cognitive function. 9-Me-BC powder as well as 9-Me-BC capsule supplement form is an excellent nootropic.


## 9-Me-BC sublingual dose equivalence to oral : r/Nootropics - Reddit

<i>SL BPN or SL BPN/NX</i>	<i>CAM2038 weekly<sup>a</sup></i>	<i>CAM2038 monthly<sup>b</sup></i>
≤ 6 mg	8 mg (0.16 ml)	NA
8–10 mg	16 mg (0.32 ml)	64 mg (0.18 ml)
12–16 mg	24 mg (0.48 ml)	96 mg (0.27 ml)
18–24 mg	32 mg (0.64 ml)	128 mg (0.36 ml)
26–32 mg	NA	160 mg (0.45 ml)

NA = not applicable; NX = naloxone; SC = subcutaneous; SL BPN = sublingual buprenorphine. <sup>a</sup>Participants were allowed dose adjustments as needed with CAM2038 weekly at scheduled visits or with 8 mg CAM2038 SC supplemental injections at unscheduled visits up to a maximum weekly dose of 40 mg per week. <sup>b</sup>Participants who needed additional temporary buprenorphine were allowed a maximum of two supplemental injections of 8 mg CAM2038 weekly per week; dose adjustments could be made at investigator discretion at scheduled visits.

6 comments PragmaticPulp • 3 yr. ago 9-Me-BC is about as experimental as it gets. Keep in mind that the theorized negative effects wouldn't be immediately apparent to you or anyone else taking the drug. You won't "feel" neurotoxicity in a noticeable way, at least not right away.

### The exceptional properties of 9-methyl-beta-carboline: stimulation .



JOURNAL OF NEUROCHEMISTRY | 2010 | 113 | 1659-1675

doi: 10.1111/j.1471-4159.2010.06725.x

#### The exceptional properties of 9-methyl-β-carboline: stimulation, protection and regeneration of dopaminergic neurons coupled with anti-inflammatory effects

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†Institute of Pharmacy, Friedrich Schiller University of Jena, Jena, Germany

**Abstract** β-Carbolines (β-Cs) are potential endogenous and exogenous polysaccharide and 2,9-dimethyl-β-C\* toxicity. Third, in a chronic toxicity model when cells were treated with 9-me-BC after

As far as I've read, 9-Me-BC usual dose ranges from 15 to 30mg orally. I bought the science. bio solution which is 10mg/ml. Since sublingual ROA is more bioavailable than oral, what would be the equivalent of 5 and 10 mg (half and full pipette), or what would the recommended dose be in this case?

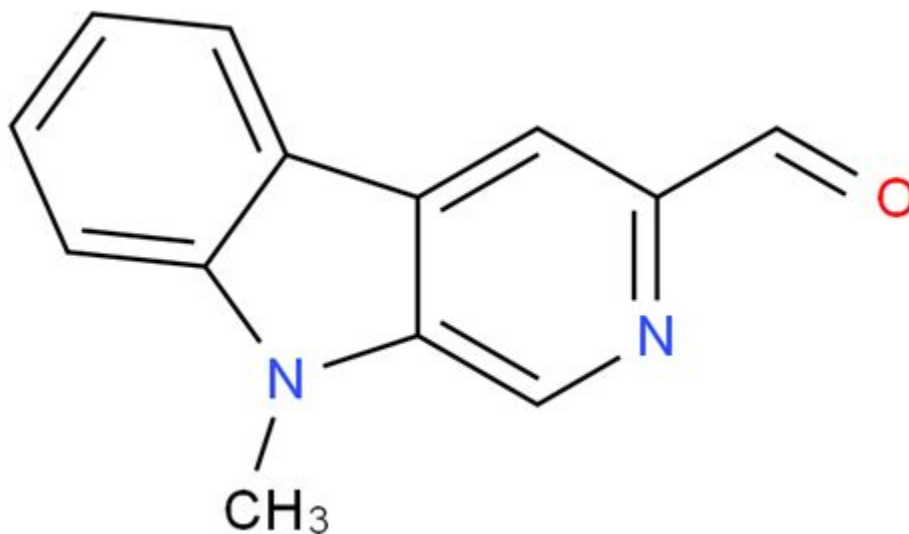


## 9-Me-Bc Review: Benefits, Side Effects & Where To Buy - Nootropology



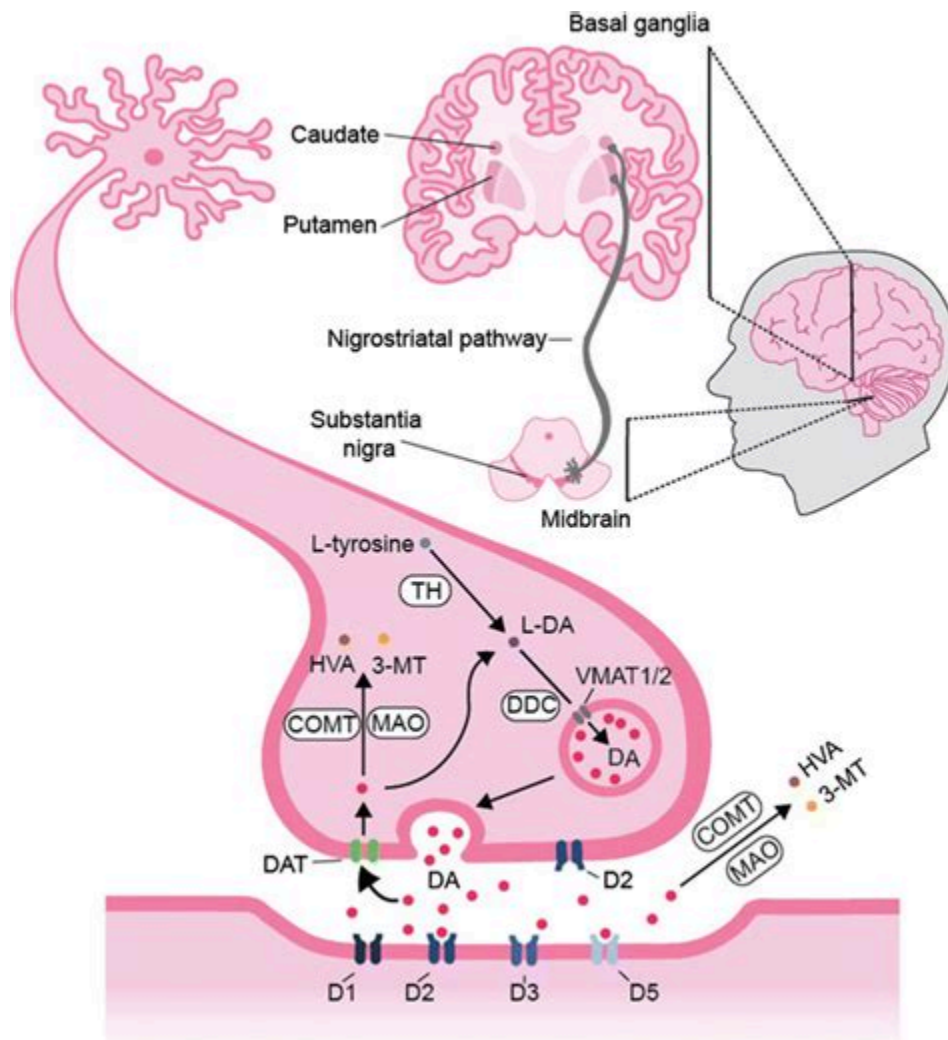
The 9-me-BC dosage used in the present study was chosen because it was shown to decrease the number of working memory errors induced by scopolamine in the radial maze (Gille et al. 2011). Spatial learning. The eight-arm radial maze (RAM) was used according to Olton and Samuelson (1976). Each arm (44 cm length, 30 cm height, 14 cm width).

## 9-Methyl-β-carboline - Wikipedia



What is 9-MBC? 9-MBC (9-Me-BC) is a nootropic supplement which you might not be familiar with if you've only experimented with more 'mainstream' ingredients. Specifically, the type of nootropic it can be classed as is a dopaminergic, cognitive enhancer with stimulant properties. How Does 9-MBC Work? Neuron Growth

## 9-me-BC Regeneration of dopaminergic neurons? - Brain Health



Dosage: 5-15mg/day in the morning (oral) Cycling: In my experience I haven't needed to, in fact the effects improved and felt more permanent with time (if I abruptly stopped).

## Reversing stimulant tolerance: 9-Me-BC is the pinnacle . - Reddit

just end up depleting neurotransmitters by monoamine release and/or reuptake inhibition, which subsequently decreases natural production of dopamine due to the continuous downregulation of TH and AADC as a compensatory mechanism. It also possesses anxiolytic, anti-inflammatory, and antidepressant properties as well as greatly increased physical stamina as a bonus. Best source was brand name Ladasten from CosmicNootropics (no longer in production) but currently Science Bio is your best bet for Bromantane powder. You can keep taking Bromantane indefinitely but not in conjunction with amphetamine.

### 2. **Cerebrolysin + Cortexin (5mL + 5mg intramuscularly daily for 6-8 weeks).**

The ultimate restorative peptide cocktail - stronger than BPC-157. Provides overall restoration, repair and recovery of all systems. Both greatly increase neurotrophic factors, endorphins and enkephalins, and increase neurosteroid production. They also promote neuronal and synaptic plasticity, increase neurogenesis, increase brain energy metabolism, and intracellular protein synthesis. They are both extremely neuroprotective, powerful antioxidants that are ripe with various amino acids, vitamins and minerals. There's loads of pro-cognitive and antidepressant effects as well. They're basically Russian super-Nootropics and absolutely worth the cost for the overall restorative effects after stimulant or any other drug abuse. It's very easy to inject IM daily as it's not an oil, simply dissolve 5mL Cerebrolysin per 5mg Cortexin sterile vials. Cosmic Nootropics or NootropicSpot which are both available on Amazon. More on how to find the doses of Cerebrolysin/Cortexin

Chemical Information Mechanism of Action: How Does 9-me-BC Work? 9-me-BC's mechanism of action is thought to work by inhibiting monoamine oxidase (MAO). MAO is an enzyme that breaks down monoamines, which are neurotransmitters that play an important role in mood and cognition.

- <https://groups.google.com/g/tinybreath/c/oi1TEe7KJoM>
- <https://groups.google.com/g/74meathead86/c/Ijzdz0Q0cZE>
- <https://groups.google.com/g/aetheticaysulum/c/epA1Sps3LwA>